

MINUTES OF WELLNESS COMMITTEE MEETING

**WEDNESDAY, FEBRUARY 5, 2020
11:30 A.M. TO 12:30 P.M.**

ATTENDANCE

Nicole Bezila, Amy Creighan, Eric Kasperowicz, Joan Kinder, Margaret Labritz, Amy Mathieu, Allison Mathis, Amy Patsilevas, Deanna Philpott, Lindsay Radzvin, Catherine Regan, Dee Spade, Stacey Stiffey, Jackie Wichelmann, Beth Williams

Student Representatives: Ryleigh Murphy and Julianna Ucciardo

Minutes are taken by Margaret Labritz

STAFF WELLNESS

Staff Wellness is an important part of the vision of North Hills School District. We would like to start a committee to promote wellness for the staff. It would be great to find a teacher who would be willing to chair this committee.

The ACSHC Consortium Committee has a list of 78 schools so far that have wellness activities for their staff. Grants are also available for having wellness activities as long as they deal with the health of individuals.

Whatever our needs are, professional development, brain breaks, Administration needs to be part of it, not just staff. Teachers are the face of activities and Administration should be right beside the teachers.

Activities may be planned for the staff on Opening Day. This could be anything to get people moving such as, talking and walking, whatever each individual likes to do, just so people are moving. It is important for the adults to take care of themselves, in addition to their students.

Nurses can also help. They should be in the loop. Steps could be counted and tracked in $\frac{1}{4}$ and $\frac{1}{2}$ mile increments. Kids can try "walking to Ohio" meaning how many steps would it take to walk to Ohio?

Staff wellness should be a commitment all year, not just on a given day.

Perhaps the Consortium can host a wellness day in the fall or at the end of a school year which could be promoted through the community magazine. This could include the Board of Health physicians, mental health professionals and nutrition professionals. Some teachers may not eat well as they are busy and they may not eat all day.

WATER BOTTLE USE

A hydration survey was recently conducted among elementary teachers. There was a lot of participation and feedback.

Overall, the general consensus is that teachers do not want a District Wide policy regarding the use of water bottles. There are many reasons and examples to back this up, including distractions, spills on papers and technology or equipment, too many bathroom breaks, water bottles not being cleaned regularly, the safety issue of wet floors if water is spilled, in addition to many other reasons. Teachers give their students many opportunities to use the restroom and get drinks daily. A lot of classrooms have a water fountain in the classroom and if not, there is a water fountain nearby in a hallway.

Teachers want to be in charge of the rules in their classroom. One policy does not fit all.

Teachers agree that the student is #1 and teachers give their students the opportunity for comfort breaks (restroom break, water fountain, brain breaks, moving, yoga, stretching).

A good suggestion is for each teacher to make their own rules for their classroom and let those rules be known at the beginning of the school year at Curriculum Night. In addition, these rules could be put in writing and sent home with the students.

FOOD WASTE

A 2-day survey was conducted by students regarding food waste. Students observed what types of food were being thrown out and it seemed like the main dish was mostly thrown away. There was not much food waste for repurposing and it would not be worth having share tables.

There was a suggestion of possibly buying new trashcans that have separators for recycling purposes.

SUSTAINABILITY

The Food Service Department is looking to eliminate straw use beginning in the 2020-2021 school year. There was a suggestion of selling reusable metal straws at Curriculum Night. These straws could also be sold to students in the morning. The HS Environmental Club will be looking into selling metal straws to students in the mornings.

The district is also working on an environmental certification through the Healthy Schools PA program.

The meeting was adjourned at approximately 12:30 p.m.